

# Alabama's health

*A publication of the Alabama Department of Public Health*

## *Leaders Work to Design Statewide Trauma System*

**P**hysicians, hospital leaders, paramedics and health department officials have begun developing a statewide trauma system for Alabama. In its 2007 session the Legislature passed a Statewide Trauma System bill which will facilitate the development of a state-of-the-art trauma system for Alabama.

Trauma is the leading cause of death for Americans under the age of 45. Almost 80 percent of Alabama's trauma cases are caused by motor vehicle crashes. Alabama has the fourth highest per capita highway trauma death rate in the U.S.

A trauma system is a coordinated system of care that includes emergency medical technicians, a trauma communications system, hospital emergency department staff, trauma surgeons and other physicians who provide needed surgical and other care. In a trauma system, these providers would work together to determine the best possible course of action for the injured who are reported through the 911 system.

The system will be based on a single Trauma Communications Center that routes trauma patients to the closest appropriate trauma hospital ready to care for their injuries. By use of computers and an intranet system, the communications center has real-time, minute-by-minute monitoring of the status of each participating trauma hospital.

No other state in the U.S. has a comparable system. The goal of the system is to get the trauma patient to the right hospital

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*Dr. John Campbell makes a presentation on a system which will be a model for the rest of the nation.*

# Jefferson County WIC Initiates Breastfeeding Peer Counselor Program

**T**he Jefferson County Department of Health WIC Division has initiated the Breastfeeding Peer Counselor Program. Thirteen peer counselors have recently been trained and have begun work providing basic breastfeeding education and telephone support to expectant mothers enrolled in the WIC Program. At this time, the program has been implemented for the Northern, Western, and Chris McNair Health Centers.

The peers counsel mothers throughout pregnancy, during the critical days when breastfeeding is being established, and as needed throughout the breastfeeding period. The counselors have a referral network if a problem is outside their area of training. Breastfeeding rates are discouragingly low in this region, and peer counselor programs have been shown to increase breastfeeding, which results in optimal health for babies and mothers. The peer counselors and the JCDH WIC staff are very enthusiastic about the new program. The team of Jefferson County WIC peer counselors is coordinated by Marguerite Gorman, R.D., I.B.C.L.C.



*Shown starting at back row, right to left are: Margaret Masny; Tamotha Clark; Alisha Dunklin; Angela Wells; Rachel Gunderman; Vatrece Gray; Charva Williams; Cassie Hooks, R.D.; Marguerite Gorman, R.D., I.B.C.L.C.; Wylissa Graham; Janetha Shearer; Deiria Thomas; Martha Shearer; Dominique Glenn and TeAundra Wright.*



## Nutritionists Donate to Food Bank

*Alabama Department of Public Health dietitians are among the members of the Montgomery District Dietetic Association that presented a check for \$2,000 to the Montgomery Area Food Bank. This donation translates to 16,000 pounds of food for those in need. Pictured receiving the check is Ann Eissler, deputy director of the food bank, with Molly Pettyjohn (right), assistant director of the Nutrition and Physical Activity Division. Nutritionist Linda Jennings of the division was also among those present.*

## Alabama Department of Public Health

### Mission

To serve the people of Alabama by assuring conditions in which they can be healthy.

### Value Statement

The purpose of the Alabama Department of Public Health is to provide caring, high quality and professional services for the improvement and protection of the public's health through disease prevention and the assurance of public health services to resident and transient populations of the state regardless of social circumstances or the ability to pay.

The Department of Public Health works closely with the community to preserve and protect the public's health and to provide caring quality services.

## Alabama's Health

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# Scale Back Alabama Returns for a Second Year

Lifestyle changes are encouraged as Alabama's hospitals and the department kicked off Scale Back Alabama 2008. Instead of approaching the contest as a diet, sponsors encourage a lifestyle change, one that will last longer than the typical resolution does. Corporate sponsors Barber Dairies, Blue Cross and Blue Shield of Alabama, and the Alabama Department of Agriculture and Industries have joined the competition this year.

"Scale Back Alabama is a 10-week weight loss program designed to get people thinking about becoming healthier," said Miriam Gaines, director of the Nutrition and Physical Activity Division. "We are promoting this effort because we see the results of obesity every day in terms of higher blood pressure, increased diabetes, depression and many other illnesses that can be directly tied to obesity. Scale Back Alabama is about making healthier choices, and we're hoping people will have fun doing it."

The rules for winning prizes were changed for this year. The contest allows people to compete in teams of four against teams from across the state. Team members had an official weigh-in Jan. 5-11 and will return for an official weigh-out the week of March 8-14. All teams that lose at least 10 pounds per person (about one pound per week) will have their names included in the drawing for the grand prize of \$1,000 per team member. In addition, individuals who complete the 10-week contest and lose 10 pounds or more will be eligible for a drawing for 20 individual prizes of \$250 each, even if the other team members do not reach the 10-pound goal.

According to Dr. Donald Williamson, state health officer, almost anyone can lose weight, but not everyone can keep it off. "Many people

have the yo-yo syndrome of losing and then regaining weight," said Dr. Williamson. "After a few of these attempts, the person can sometimes be heavier than when he or she first started. We hope the Scale Back Alabama program promotes lifestyle changes that can help people increase their activity level, reduce their total number of calories, and adopt behaviors that promote healthy eating."

The following county health departments are participating as weighing sites: Autauga, Baldwin, Blount, Bullock, Chilton, Cleburne, Elmore, Jefferson, Lee, Macon, Madison, Mobile, Montgomery, Russell, Tuscaloosa and Washington.

Alisa Champion, nutrition director for Public Health Area 8, was instrumental in encouraging participation in Scale Back Alabama. "All nutritionists in Public Health Area 8 are really involved with combating

obesity, and Scale Back is a wonderful way for adults to be role models for their children. Adults who come into our clinics have joined the competition. If the entire family is involved, the program can be an incentive to hold each other accountable in areas such as limiting portion sizes and exercising together."

Steps to a Healthier Alabama is also supporting Scale Back. Eighty-seven teams registered and weighed in at the Steps office in Troy. Teams came from Pike and surrounding counties. Medical Center of Barbour, a Steps Partnership member, registered 100 teams and the Barbour County School System also registered teams with support from Steps.

For more information about "Scale Back Alabama" call the toll-free line at (877) SCALE-BK (722-5325) or go to [www.scalebackalabama.com](http://www.scalebackalabama.com) for more details.



*Posing for their "before" photo are members of the "Sugar 'n Spice" team from General Counsel and the Center for Health Statistics. They are (left to right) Pam Kendrick, Yalisa Whatley, Letitia Pickett and Sharon Whalen.*

# Partners Assist in Providing Mammograms

**T**he department's Alabama Breast and Cervical Cancer Early Detection Program (ABCCEDP), funded through grants from the Centers for Disease Control and Prevention, continues to make a difference in the lives of Alabama women.

"At its heart, the program seeks to detect breast and cervical cancers at their earliest stages and thus reduce the mortality rate from these diseases," said Assistant State Health Officer for Personal and Community Health Dr. Thomas Miller.

Based on the most recent U.S. Census statistics, approximately 53,000 women in Alabama are eligible for the annual screening and follow-up diagnostic tests available through the Alabama program. Of the over 55,000 women who have been screened since 1997, approximately 1,205 women have been diagnosed with invasive breast cancer or cervical cancer.

Women under the age of 50 residing in Autauga, Elmore and Montgomery counties have an additional advocate in the detection of breast cancer-- the Joy to Life Foundation. The Joy to Life Foundation works with ABCCEDP to provide free mammograms for uninsured women under 50 years of age in Montgomery, Autauga and Elmore counties.

The organization was founded by Joy and Richard Blondheim of Montgomery, a couple who dedicate time and effort to women who are fighting to win the battle against breast cancer. An estimated 3,000 women in Autauga, Elmore and Montgomery

counties qualify for screening services offered by the program. In the past four years, Joy to Life has funded the mammograms for over 500 women who have participated in the ABCCED Program.

Uninsured women under the age of 50 who reside in Alabama's northern counties receive free screening services from another entity, Komen for the Cure. Komen for the Cure was established in 1982 by Nancy Brinker to honor the memory of her sister, Susan Komen, who died from breast cancer at the age of 36.

More than 20 years later, Komen is a global leader in the fight against breast cancer. Since 2000, the foundation has provided funding for approximately 20,000 women in the ABCCED Program.

The Komen for the Cure Foundation, North Central Alabama Affiliate, partners with the ABCCEDP to provide screening mammograms to ABCCEDP women age 40-49 in the following counties in Alabama: Bibb, Blount, Calhoun, Chambers, Cherokee, Chilton, Clay, Cleburne, Colbert, Coosa, Cullman, DeKalb, Etowah, Fayette, Franklin, Greene, Hale, Jackson, Jefferson, Lamar, Lauderdale, Lawrence, Limestone, Madison, Marion, Marshall, Morgan, Perry, Pickens, Randolph, Shelby, St. Clair, Sumter, Talladega, Tallapoosa, Tuscaloosa, Walker and Winston.

The ABCCED Program is proud of its relationship with Joy to Life Foundation and Komen for the Cure and the additional women their funding has touched. To find out whether you, a family member or a friend qualify for the ABCCED Program, call 1-877-234-1456.

## Programs Help Provide Health Education Through TV Talk Show

**E**ach month dedicated staff and partners appear on WAKA's Midday News program's health segment in Montgomery to discuss relevant health issues and to answer calls from the public. To show our appreciation, Alabama's Health would like to recognize those persons who took time to participate in this valuable service during the past several months.

October's guest was **Bob Hinds**, director of the Alabama Newborn Screening Division. Hinds spoke about why newborn screening is important and how screening helps babies get a healthier start in life. In November, **Kyle Reynold, Ed.D.**, director of the Diabetes

Branch, discussed diabetes awareness and how Alabamians can prevent becoming diabetic. On the December show, **Jane Cheeks**, director of the HIV/AIDS Division, helped recognize World AIDS Day and informed citizens about the status of HIV/AIDS in the state. And, in January, **Miriam Gaines** and **Teresa Fair**, both of the Nutrition and Physical Activity Division, helped encourage people to take part in the weight loss initiative Scale Back Alabama.

If you would like to appear on WAKA's Midday News program, please contact Takenya Taylor at (334) 206-7026, or by e-mail at [ttaylor@adph.state.al.us](mailto:ttaylor@adph.state.al.us).



# Public Health/Corrections Enjoy Collaborative Partnership

**T**he Alabama Department of Public Health, Bureau of Professional and Support Services, recently engaged in a collaborative partnership with the Alabama Department of Corrections on a Special Project targeting the incarcerated population.

Elana M. Parker, ReEntry Coordinator/Public Health Liaison, stated, "The Special Project aims to assist with reentry and transitional services for currently incarcerated and newly released offenders in the Alabama Department of Corrections. This project also focuses on the development of a comprehensive reentry model to assist ex offenders with accessing public health and other state agency, community and faith-based resources after release. The ultimate goal of this partnership is to decrease the overall prison recidivism rates, minimize health disparities in underserved populations, and improve the quality of life of newly released offenders."



*Dr. Gloria Thompkins, Ronada Anderson, Warden Leeposey Daniels, Gwendolyn Lipscomb, Dr. Rudy Broomes and Elana Parker conducted a seminar to the inmate population on "Health Disparities in Incarcerated Men."*

- On June 26 and Aug. 30, 2007, representatives from the Alabama Department of Public Health, Bureau of Professional and Support Services, provided a "Health Disparities in Women" workshop to inmates and staff at Julia Tutwiler Prison for Women. An estimated 75 inmates gathered in the Chapel to discuss public health topics impacting women. Information was provided on obesity, nutrition, physical fitness, stroke, hypertension and hepatitis C. Female inmates learned about risk factors, lifestyle changes, warning signs and the importance of voluntary routine physical examinations after release.
- September is nationally recognized as Prostate Cancer Awareness Month. To commemorate the observance, Montgomery Pre Release Center offered a Prostate Cancer Awareness Workshop for soon-to-be-released male inmates on Sept. 28. The workshop was offered as a component of reentry services to encourage male inmates who are transitioning back to the community to have routine physicals and prostate examinations. Information was provided on the following: warning signs around urination; screening and testing; effects on the reproductive system; and, early detection. Roberta Crenshaw assisted with the coordination of this workshop for an estimated 89 male inmates.
- On Oct. 31, the Alabama Department of Corrections issued a news release announcing a policy change that affects HIV-positive inmates. All HIV-positive inmates now participate in visitation and religious services, as well as all other programs, with general population inmates.

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## ADPH Staff and Sororities Assist with Diabetes Target 80% Project



*More than 2,500 health care providers were sent Diabetes Target 80% posters on Nov. 14, World Diabetes Day. Alabama's Target 80% places emphasis on diabetes, pneumonia vaccinations, flu shots, blood glucose and HbA1c tests, and foot and dilated eye exams. Pictured (left to right) are Debra Griffin, Gwendla Glover, Kyle Reynold, Gwen Davis, Denise Milledge and Danita Rose. Special thanks are also extended to Rosanna Smith, Brittany Wallace, Cassandra Hawthorne, and Chauntye Williams of Health Promotion and Chronic Disease; the RSA Tower mail room staff; members of Chi Eta Phi, a registered nurse sorority; and Alpha Kappa Alpha Sorority.*

## Preparing for Retirement: Know Your Limitations for Postretirement Employment

Once you are a retiree of any RSA agency, there are very strict guidelines that must be followed when it comes to Postretirement Employment. Knowing these limitations can save you a lot of hassle and worry. You can read the guidelines for Postretirement Employment in your Member Handbook or on the RSA Web site at [www.rsa.state.al.us](http://www.rsa.state.al.us). Go to either ERS or TRS; go to Retiree Information; and click on Working After Retirement. Listed below are important points to remember if you are working or planning to work for an RSA agency after your retirement from the RSA. If you have any doubt whatsoever about your postretirement employment, call the ERS or TRS immediately. Retired members cannot be employed or under contract for permanent, full-time

employment with an ERS or TRS member agency. For example, an ERS retiree employed with a TRS agency as a bus driver must terminate his or her retirement benefit. A bus driver is considered a full-time position. TRS or ERS retirees who become elected officials should contact the TRS or ERS to see if the limitation applies to them.

The retiree's compensation cannot exceed the limitation on earnings. The limits are subject to change from year to year based on the Consumer Price Index. For calendar year 2008, the limitation is \$21,000. In the year of retirement, the limitation is \$1,750.00 per month.

If the retiree exceeds the limitation on

earnings, the retirement benefit will be suspended for the remainder of the calendar year. If the retiree is subject to a monthly earnings limitation, the benefit will be suspended for the remainder of the month.

A retiree who is reemployed full-time for a minimum of two years is eligible to request re-enrollment in the ERS or TRS. Upon approval, the member would pay the contributions plus interest for the two-year period of non-contributing service and begin contributing on future compensation.

A disability retiree's limit is the lesser of the same limitations as a non-disabled retiree or the difference between the average final salary and the annual retirement benefit.

### Hatch Selected for CDC Leadership Institute

Tim Hatch, M.P.A., R.E.H.S., of the Bureau of Environmental Services was chosen as one of 37 environmental health professionals tapped to participate in the Centers for Disease Control and Prevention Environmental Public Health Leadership Institute. He is the first person from Alabama ever selected for this honor.

The CDC Environmental Public Health Leadership Institute is a one-year program of seminars and workshops, special projects and individual study. The institute was developed to strengthen the country's environmental public health system by enhancing the leadership capabilities of state and local environmental public health specialists. EPHLI graduates use what they have learned to increase the ability of their environmental public health programs to provide essential environmental public health services. The institute's goal is for state and local staff to be better able to respond to emerging environmental public health threats and coordinate the delivery of effective services to areas affected by environmental disasters.

### Area 10 Employees Participate in 5K Run



*Among those participating in a run in Ozark to benefit the Vivian B. Adams School for children/adults with special needs are DaJuna Tatom, C.R.N.P.; Rozeallan Smith, B.S.N., R.N., Houston County Health Department nurse coordinator; Neysa Hernandez, C.R.N.P.; Kathy Robinson C.R.N.P.; Liz Register, C.R.N.P.; and Merren Maddox, C.R.N.P.*



# Retirees

**T**he following department employees have retired recently:

## November

**Robert Espy** - Houston County Health Department  
**Nancy Schaule** - Public Health Area X

## December

**Fran Edwards** - Health Promotion and Chronic Disease  
**Shelby Higdon** - Cullman County Health Department  
**Brynn Pierce** - Morgan County Health Department

## January

**Donna Bridges** - Dallas County Health Department  
**Patricia Clark** - Chambers County Health Department  
**William Coleman** - Facilities Management  
**Sherry Grizzard** - Public Health Area V  
**Larry Hayes** - Public Health Area II  
**Brenda Hudson** - Dallas County Health Department  
**Terry Hundley** - Houston County Health Department  
**Earl Langley** - Emergency Medical Services and Trauma  
**Donna Mulcahy** - Clinical Laboratories  
**Sue Parker** - Health Care Facilities  
**Norma Jean Vance** - Clinical Laboratories  
**Terry Williams** - Radiation Control  
**Patricia Winn** - Public Health Area II



*Earl Langley (left to right), State Health Officer Dr. Donald Williamson and Dennis Blair enjoy a laugh at a retirement "roast" for Langley who retired after 25 years' service with the Office of EMS and Trauma.*



*Sandy Sisson, Office Manager for the Montgomery County Health Department, retired after working with the Department of Public Health at the state and county levels for 33 years. Her many friends and colleagues there honored her with a retirement celebration Dec. 21.*



*The Bureau of Clinical Laboratories held a party to honor five employees whose retirements were effective in January and February. Shown, left to right, are Norma J. Vance, Lab Division Manager (Chemistry); Donna Mulcahy, Lab Division Manager (Respiratory); Tom Kirkland, Lab Division Manager (Serology); Kitty Simpson, Microbiologist (Metabolic); and Linda Swain, Administrative Support Assistant (Administration).*



# Public Health TEAM Academy Opens to Enthusiastic Response

**T**he 72 graduates of the pilot September and October classes of the Public Health TEAM Academy gave high marks to their experiences, and eight additional week-long Workforce Development Program offerings are being held in Montgomery in 2008.

TEAM stands for Training and Experience to Advance Managers in Public Health. The TEAM Academy is a five-day, intensive program for participants from the county, area and state levels. The equilateral triangle logo for TEAM is based on the three fundamental attributes of "Accountability," "Balance" and "Competence."

Program literature states that TEAM's purpose is to create an approach to developing managers that will complement other ADPH training activities, including the South Central Public Health Leadership Institute. The program focuses on the critical competencies needed to be an effective supervisor using a hands-on, problem-solving approach.

TEAM Academy is unique in that the material is tailor-made for ADPH. Much of the material used throughout the program was written and developed by departmental staff. The program is highly interactive utilizing student experience, case studies, team activities, and role plays to reinforce management concepts.

The goal is to send all departmental supervisors through this training during 2008 and 2009. Although the focus is on supervisors, other selected staff will also have the opportunity to attend.

Program objectives are as follows:

- Refresh understanding of the principles underlying effective management.
- Enhance awareness of how problems at work can arise from poor management.
- Provide insight into how such problems can be avoided or reduced by improving competencies.

## *Trauma System, continued from page 1....*

so that valuable time and lives will not be lost transferring injured patients. Sixty percent of trauma patients in Alabama initially go to a hospital that does not have the capability to care for them.

For more information contact John Campbell, M.D., Medical Director, or Dennis Blair, Director, Office of Emergency Medical Services & Trauma, The RSA Tower, Suite 700, P.O. Box 303017, Montgomery, Alabama 36130-3017, (334) 206-5366, or by e-mail to [johncampbell@adph.state.al.us](mailto:johncampbell@adph.state.al.us) or [dblair@adph.state.al.us](mailto:dblair@adph.state.al.us).

- Facilitate the development of competencies using a hands-on, problem-solving approach.
- Create a comprehensive learning approach to foster a positive and productive climate in the workplace.

For more information contact Shelia Puckett, State Clerical Director, Bureau of Professional and Support Services, (334) 206-5226.



*September Attendees*



*October Attendees*



*Trauma survivor Chris Osborne addressed the Trauma Advisory Council about his personal experiences with a life-threatening injury. His injury occurred in the Birmingham region where there has been a voluntary trauma system since 1997.*



# Church Uses Mini-grant to Address Body and Soul

**S**teps to a HealthierAL, River Region, provided several mini-grants to area churches to implement the Body and Soul Program in 2007. The Body and Soul Program: Healthy Eating and Living was originally developed by the National Cancer Institute for African American churches. It targets African Americans who are at a higher risk for many serious and fatal diseases that are associated with poor nutrition, such as hypertension, diabetes and heart disease. It encourages church members to eat diets rich in fruits and vegetables every day for better health.

One area church, The First Missionary Baptist Church Whitehall (FMBC), received a mini-grant and started the program in May. Through funding and technical assistance provided by River Region Steps Program,

Body and Soul has helped church members become aware of the different diseases that affect African Americans and how to better manage them by eating the healthy foods.

FMBC has a Food Pantry Outreach Center that has changed its offerings since the Body and Soul Program began. Before, there were no guidelines for foods distributed from the pantry. After learning about nutrition and disease management, several members decided to implement new policies. Now, everyone who receives food from the Food Pantry has to participate in an education component before picking up food. The educational component teaches the importance of reading food labels to determine the sodium, fat, calories and serving sizes. It also teaches healthy ways to prepare the food. The church also changed

its policy related to the types of foods in the Food Pantry. Nutritious foods have been added and high-calorie, low nutritional-value foods have been discontinued. Some of the items no longer available are candy, chips and pre-breaded chicken. New items include fruits packed in juice, low sodium vegetables, baked chips, and rotisserie or baked chicken.

The church also added to its pre-existing playground. The church originally had two basketball goals, monkey bars, and a walking trail on its five acres. The church has since added a new swing set and see-saw. Church members are committed now to healthier lifestyles by adding fruits, vegetables and physical activity to their daily lives.

*By BRANDI POUNCEY*

## Employees and Retirees Enjoy Open House

The Central Office held an open house social at the RSA Tower on Dec. 13 to celebrate the holiday season. Here are a few random photos from the event.



*Health Promotion and Chronic Disease enjoyed a winter wonderland.*



*ALL Kids, Alabama's Children's Health Insurance Program, offered chips and prepared this display.*



*Radiation Control set up a portal radiation monitor at its holiday season entrance.*

# Commendations

Alabama's Health would like to recognize and praise employees for their accomplishments. To recognize outstanding work, supervisors may send letters of commendation to the State Health Officer, mail copies to *Alabama's Health*, Bureau of Health Promotion and Chronic Disease, RSA Tower, Suite 900, 201 Monroe St., Montgomery, Ala. 36104, or by e-mail to [asheehan@adph.state.al.us](mailto:asheehan@adph.state.al.us) for inclusion in this list. Four items are needed: the employee's name, work unit, the name of the person making the commendation and his or her city and state.

**Carolyn Bern  
Amanda Martin**

Primary Care and Rural Health  
from Jon Sanford, M.D.  
Fayette, Ala.

**Linda Bolding**

Center for Health Statistics  
from Leola Garrett  
Alpharetta, Ga.  
Betty Spence  
John Harris  
Virginia Beach, Va.  
John Shepherd  
Birmingham, Ala.

**Jill Brewer**

**Hazel Davis**

**Tammy Fuller**

**Jean Gibbs**

**Sherika Sellers-Scott**

Center for Health Statistics  
from Anderson Jackson Bush  
Chicago, Ill.

**Veda Cejas**

**Tracy Pittman**

**Frederick Reeves**

**Shameka Sharp**

**Sherry Stabler**

Health Provider Standards  
from Donna Parrish,  
LNHA, RMC  
Andalusia, Ala.

**Connie Danner**

Center for Health Statistics

from Lularene Benson  
University Heights, Ohio  
from Jewel DeFave  
Hollywood, Fla.  
Renee Potts  
Address unlisted

**Stephanie S. Greene**

**Donna Rhoden**

**Jackie Scott**

Shelby County  
Health Department  
from Dollie Hambrick, L.C.S.W.  
Montgomery, Ala.

**Carolyn Hall, L.C.S.W., P.I.P.**

Home and  
Community Services  
from Renae Carpenter, L.C.S.W.  
Public Health Area IX

**Rick Harris**

Health Provider Standards  
from Thomas E. Hamilton  
Susan Larsen  
Baltimore, Mary.

**Dorothy Harshbarger**

**and Center for Health**

**Statistics Staff**

from James T. Fuller  
Washington, D.C.

**Nicole Henderson**

Center for Health Statistics  
from Carol Ann Beard  
Hopkins, S.C.

**Maribeth Johnson**

Russell County  
Health Department  
from Charles Woernle,  
M.D., M.P.H.  
Montgomery, Ala.

**Latonya Lowery, B.S., R.N.**

**Beverly Morgan, M.S.W.**

**Connie Pavelec, R.D.**

**Joanie Phelps,**

**L.B.S.W./A.D.C.**

**Ann White, R.N.**

Health Provider Standards  
from Patti Wallace  
Montgomery, Ala.

**Laura Lumpkin, L.B.S.W.**

Randolph County  
Health Department  
from James Sheppard  
Randolph County, Ala.

**Agnes McCray**

Center for Health Statistics  
from Harold D. Williams  
Fort Lauderdale, Fla.

**Kathie Peters**

Center for Health Statistics  
from Christy Treubig  
Pinson, Ala.  
Carl Newhouse  
Federal Way, Wash.

**Reginald Strickland**

Center for Health Statistics

from Kim Craven  
Montgomery, Ala.

**LaShunda Tellis**

Center for Health Statistics  
from Diane Long  
Chattanooga, Tenn.  
Trish Mercer  
Columbus, Ga.  
Doris Lewis  
Gulfport, Miss.

**Betty Thomas**

Center for Health Statistics  
from James T. Fuller  
Washington, D.C.

**Geneva Thomas**

Center for Health Statistics  
from James T. Fuller  
Washington, D.C.

**Video Communications  
Division**

from Rosemary Blackmon  
Montgomery, Ala.

**Rita Moss Wilson**

Ypsilanti, Mich.  
Spring Hill Church Family  
Macon, Miss.

**Georgia Wilson**

Jefferson County Department  
of Health  
from Gloria T. Wright  
Montgomery, Ala.



# ASAHPERD Honors Heidi Hataway

**T**he Alabama State Association of Health, Physical Education, Recreation and Dance awarded its annual service award to Heidi Hataway, M.S., R.D., L.D., program manager of Steps to a Healthier Alabama, at the fall conference awards luncheon Nov. 13 in Birmingham.

In a letter of recommendation, a professional peer stated, "Heidi is a change agent who works unselfishly for the children of Alabama." Another praised "her efforts to address health issues such as childhood obesity and healthier schools."

Ms. Hataway is actively involved with Action for Healthy Kids, the Montgomery YMCA Youth Fitness Programs, and as a lead sponsor behind the River Region Summer Scorecard Program. She has also played an integral role in statewide Fitnessgram trainings.

In her role as chair of the Alabama Action for Healthy Kids, she was part of the movement toward healthier snacks in vending machines throughout

Alabama schools. Ms. Hataway has also facilitated partnerships with the local YMCAs, Boys and Girls Clubs, Montgomery Public Schools, Montgomery Area Community Wellness Coalition, Montgomery District Dietetic Association and the Alabama Dietetics Association.

Ms. Hataway formerly was employed with the Nutrition and Physical Activity Division of the Bureau of Professional and Support Services and has directed the Steps Program of the Bureau of Health Promotion and Chronic Disease since 2005.

The Steps initiative is designed to promote efforts that encourage people to make small changes to reduce the burden of leading chronic diseases and risk factors.



## *Human Disparities, continued from page 5....*

- Draper Prison hosted a "Health Disparities in Men" workshop on Nov. 16, 2007. With the assistance of Dr. Barbara Tompkins, 130 male inmates participated in a preventative health workshop on prostate cancer, hepatitis C, high blood pressure and stroke. Information was also provided on how to lower cholesterol levels that result in high pressure levels, and how hepatitis C affects the liver. Information was also provided on the following hep C screening tests: (1) antibody tests - determines whether a person has been exposed to HCV infection; (2) viral load tests - determines whether a person has active HCV infection; and, (3) genotype test - determines a person's genetic type.

Information provided in these workshops was obtained from the Centers for Disease Control and Prevention, Alabama Department of Public Health - Cardiovascular Health Program, Us Too International Prostate Cancer Education and Support Program.

Ms. Parker gave special kudos to Wardens Frank Albright, Edward Ellington and Leeposey Daniels for their interest and commitment to address health disparities at their respective institutions. She also gave special thanks to the following workshop instructors: Gwen Lipscomb, Director of the Office of Minority Health; Jessica Hardy, Director of the Office of Women's Health; Ronada Anderson, Hepatitis C Coordinator; Eugene Wheeler and Dr. Rudy Broomes - US Too International; Julia Sosa, Assistant Director, Office of Minority Health.

*January 2008*

## *Retirement, continued from page 6....*

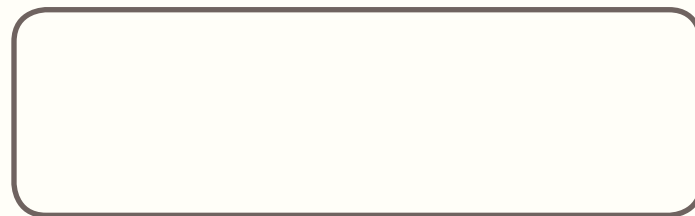
Retirees providing services to TRS or ERS agencies on a contractual basis may be subject to the limitations on earnings and remunerations. Retirees should provide a copy of the contract to the TRS or ERS.

There are no limitations on earnings for a retiree employed in private industry, private education or a non-participating RSA agency. If you have a disability retirement, however, there is a limitation. Please contact the TRS or ERS for information on this limitation.

Not knowing exactly what your options and guidelines are can cause you problems and even result in your benefit being suspended. Do not let it happen to you. Keep yourself updated and educated on the rules governing Postretirement Employment and do not forget to call the ERS or TRS if you are ever in doubt.

Prepared by the Communications staff of the Retirement Systems of Alabama. To have your questions answered in "Preparing for Retirement," please address them to:

**Michael Pegues, Communications**  
**Retirement Systems of Alabama**  
**P.O. Box 302150**  
**Montgomery, Ala. 36130-2150**  
**[www.rsa.state.al.us](http://www.rsa.state.al.us)**



# Calendar of Events

January 30 • Satellite Conf & Web Cast   
**Political Leadership, Health Policies  
and Health Disparities in Developed  
and Developing Nations, 1-2:30 p.m.**  
For more information contact Video Communications, (334) 206-5618.

January 31 • Satellite Conf & Web Cast   
**The Emergency Management Assistance  
Compact (EMAC) and Its Application for  
Public Health Emergency Response and  
Recovery Operations, 12 noon-1:30 p.m.**  
For more information contact Video Communications, (334) 206-5618.

February 5 • Satellite Conf & Web Cast   
**ADPH Nurse Supervisor  
Training, 8-9 a.m. and 4-5 p.m.**  
For more information contact Marilyn Knight, (205) 391-3176.

February 6 • Satellite Conf & Web Cast   
**Preventing Falls  
at Home, 2-4 p.m.**  
For more information contact Brenda Elliott, (334) 347-2664, ext. 402.

February 7 • Satellite Conf & Web Cast   
**ADPH Statewide  
Staff Meeting 3-4 p.m.**  
For more information contact Video Communications, (334) 206-5618.

February 12 • Satellite Conf & Web Cast   
**Understanding Youth Culture:  
Substances of Abuse, 1-3 p.m.**  
For more information contact Sandy Powell (334) 206-5050.

February 20 • Satellite Conf & Web Cast   
**A Guide to Working with Recent  
Latino Immigrant Patients: Sowing  
the Seeds of Health, 1-2:30 p.m.**  
For more information contact Video Communications, (334) 206-5618.

April 8-9 (DATES CORRECTED)  
**Alabama Public Health Association  
52nd Annual Educational  
Conference, Doubletree Hotel,  
Birmingham**  
For more information visit [www.alphassoc.org](http://www.alphassoc.org).